

One Voice Campaign

**June is Posttraumatic Stress Disorder
(PTSD) Awareness Month.**

This year we are challenging Veterans to help spread awareness of PTSD by talking to one person – a friend, family member, battle buddy – and educating them about PTSD.

Ideas include:

- Emailing brochures or pamphlets on PTSD
- Discussing Facts vs. Myths about PTSD
- Downloading PTSD Coach/ PTSD Family Coach app(s)
- Sending links to educational videos or TED Talks
- Suggesting a book to read
- Sharing resources like the Veterans Crisis Line



**One voice
can make a
difference.**

For more ideas and resources
visit the National Center for
PTSD website: www.ptsd.va.gov

Presented by the Trauma Recovery Program
at the VA Maryland Health Care System.